



Willow Glen Community Classes

(At the Willows Senior Center)

2175 Lincoln Avenue, San José 95125

Phone: 408-448-6400

Fax: 408-978-8291

Supervisor: Carolyn Mosby

Email: carolyn.mosby@sanjoseca.gov

Bus Lines: 26 and 64

Types of Programs: Fee classes, rentals, senior programs, senior nutrition and special events.

See Hoover Community Center for other additional classes in the Willow Glen Area

DANCE

Ballet/Tap \$57

Beginning lessons for ballet/tap. Students must wear tap or hard soled shoes for tap and for ballet must wear ballet shoes or socks and loose clothing or leotard. Parents are allowed to stay for the first 10 minutes of the first day of class and for the class recital.

Instructor: Dance Arts Academy

Course#	Day	Date	Time	Age	Mtg.	Loc.
233.2.222	W	9/27-11/15	3:30-4:25pm	3-5	8	WS
233.2.223	W	9/27-11/15	4:30-5:25pm	6-10	8	WS

Jazz/Hip Hop \$57

Explore beginner and intermediate hip hop dance through regular practice of various routines and dance techniques. Develop coordination skills, interpersonal skills, and of course, have fun doing it! Parents are allowed to stay for the first 10 minutes of the first day of class and for the class recital.

Instructor: Dance Arts Academy

Course#	Day	Date	Time	Age	Mtg.	Loc.
233.2.220	Th	9/28-11/16	3:30-4:25pm	3-5	8	WS
233.2.221	Th	9/28-11/16	4:30-5:25pm	6-10	8	WS

SPORTS & FITNESS

Cheerleading \$57

This energetic class will get you up and going. Come join us and learn the latest cheerleading moves and put together a cheer routine. Improve your coordination and balance while having fun.

No Class 10/9

Instructor: Dance Arts Academy

Course#	Day	Date	Time	Age	Mtg.	Loc.
233.2.504	M	9/25-11/20	6:30-7:25pm	5-10	8	WS

Keep the Activity Guide handy as a reference... or recycle it by passing it along to a neighbor, friend or co-worker.

Floor Gymnastics \$57

Do you like to move? Come and learn basic gymnastic skills such as cartwheels, backbends, and more. Parents are allowed to stay for the first 10 minutes of the first day of class and for the class recital.

No Class 10/9

Instructor: Dance Arts Academy

Course#	Day	Date	Time	Age	Mtg.	Loc.
233.2.542	M	9/25-11/20	4:30-5:25pm	5-7	8	WS
233.2.543	M	9/25-11/20	5:30-6:25pm	8-11	8	WS

Karate - Beg/Intermediate \$114

This is a traditional Japanese style of Karate that combines Japanese style culture, philosophy, history and language. Katas (forms) and tournament style kumite (sparring) are taught. Class includes self-defense and stresses the importance of self-confidence and mental discipline. Please see instructor for clothing and equipment requirements. An exam fee is additional.

No Class 10/31

Instructor: Camp Carter, Int.

Course#	Day	Date	Time	Age	Mtg.	Loc.
233.2.514	T/Th	9/26-11/21	5-5:50pm	5+	16	WS

Kinder Gymnastics \$57

Designed to teach basic gymnastic skills, including movement exploration, balance, and coordination. Parents are allowed to stay for the first 10 minutes of the first day of class and for the class recital.

No Class 10/9

Instructor: Dance Arts Academy

Course#	Day	Date	Time	Age	Mtg.	Loc.
233.2.544	M	9/25-11/20	3:30-4:25pm	3-5	8	WS

SPECIALTY CLASSES

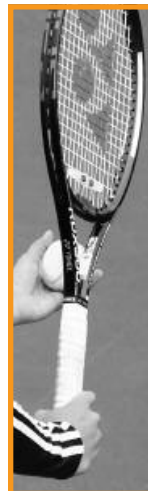
Mental Math \$75

Students enhance their Mental Math skills through Power Math. Using the abacus, they will understand arithmetic better and learn to solve math equations quickly. A \$20 cash supply fee is payable to the instructor for workbook and abacus at the first class meeting.

No Class 11/10, 11/24

Instructor: Liu

Course #	Days	Date	Time	Age	Mtg.	Loc.
296.2.604	F	9/29-12/15	3:30-4:15pm	5-7	10	HV
296.2.605	F	9/29-12/15	4:30-5:15pm	8-11	10	HV
233.2.606	W	9/27-11/29	3:30-4:15pm	5-7	10	WS
233.2.607	W	9/27-11/29	4:30-5:15pm	8-11	10	WS



Tennis Anyone?

Twenty-one City parks include tennis courts for City residents to enjoy. Many of these courts may be reserved by calling 408-369-3907.

Tennis classes are offered through many City community centers. Check the class listings for times and locations.